Sustaining Your Gains

Weekly action worksheet • Check each step and write what worked for you.

☐ Complete final assessment

- ☐ Review what changed across the eight weeks.
- ☐ Write down the habits that felt most helpful.
- ☐ Identify one question to discuss with your clinician if needed.

WHAT I LEARNED ABOUT MY HABITS

☐ Create your 90-day continuation plan

- ☐ Choose a nutrition, movement, or rest habit to continue.
- ☐ Decide when and where each habit fits into your week.
- ☐ Set a date to review and revise your plan.

MY 90-DAY HABITS AND REVIEW DATE

Sustaining Your Gains

Weekly action worksheet • Check each step and write what worked for you.

☐ Schedule accountability check-ins

- ☐ Pick a person or group you feel comfortable contacting.
- ☐ Agree on a realistic check-in frequency.
- ☐ Decide what help you would ask for after a setback.

MY SUPPORT AND CHECK-IN PLAN

☐ Share your story with the community

- ☐ Choose a moment from the challenge you feel proud of.
- ☐ Share only what you feel comfortable sharing in the Facebook group.
- ☐ Consider which lesson might encourage someone just starting.

THE STORY I MAY CHOOSE TO SHARE